**Additional File**

**Tables**

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| **Table 1. Odds ratios (OR) of the association between parental education and energy-dense food intake stratified by perceived weight status, girls aged 11-17** |
|  | **No. in sample** |  | **Low intake of energy-dense food** |
|  |  |  | OR 95% CI |
|  |  |  |  |
| **Stratified analysis by perceived weight status a** |  |  |  |
| **fat**  | 815 |  |  |
| Primary education | 176 |  | 1.0 |
| Secondary education | 467 |  | 1.2 (0.8-1.8) |
| Tertiary education | 172 |  | 1.6 (1.0-2.5) |
|  |  |  |  |
| **normal** | 1896 |  |  |
| Primary education | 317 |  | 1.0  |
| Secondary education | 1021 |  | 1.4 (1.0-2.0)\* |
| Tertiary education | 558 |  | 2.6 (1.8-3.6)\* |
|  |  |  |  |
| **thin** | 382 |  |  |
| Primary education | 76 |  | 1.0 |
| Secondary education | 207 |  | 1.3 (0.6-2.8) |
| Tertiary education | 99 |  | 1.9 (0.8-4.7) |
|  |  |  |  |
| a Models adjusted for age groups and regional strata east vs. west Germany. \* Significant on a 95% level of confidence. |

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| **Table 2. Odds ratios (OR) of the association between parental education and HuSKY stratified by total energy expenditure, girls aged 11-17** |
|  | **No. in sample** |  | **High HuSKY** |
|  |  |  | OR 95% CI |
| **Stratified analysis by total energy expenditure a** |  |  |  |
| **low**  | 947 |  |  |
| Primary education | 197 |  | 1.0 |
| Secondary education | 548 |  | 1.2 (0.8-1.7) |
| Tertiary education | 202 |  | 1.2 (0.8-2.09) |
|  |  |  |  |
| **middle**  | 961 |  |  |
| Primary education | 180 |  | 1.0 |
| Secondary education | 526 |  | 0.7 (0.5-1.1) |
| Tertiary education | 255 |  | 1.3 (0.8-2.1) |
|  |  |  |  |
| **high**  | 955 |  |  |
| Primary education | 143 |  | 1.0 |
| Secondary education | 497 |  | 1.0 (0.7-1.5) |
| Tertiary education | 315 |  | 2.2 (1.5-3.4)\* |
|  |  |  |  |
| a Models adjusted for age groups and regional strata east vs. west Germany. \* Significant on a 95% level of confidence. |

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| **Table 3. Mediation analyses of the association between parental education and low intake of energy-dense food a adjusted for media use and familial leisure activity, boys and girls aged 11-17** |
|  | **Basic Model; age + region + parental education** |  | **Model 1; Basic Model + media use** |  | **Model 2; Basic Model + familial leisure activity** |
|  | OR 95% CI P-value |  | OR 95% CI P-value |  | OR 95% CI P-value |
| **Boys** |  |  |  |  |  |
| **Parental education** |  |  |  |  |  |
| primary | 1.0 |  | 1.0 |  | 1.0 |
| secondary | 1.55 (1.22-1.97) 0.000 |  | 1.48 (1.16-1.90) 0.002 |  | 1.51 (1.19-1.91) 0.001 |
| tertiary | 2.41 (1.95-2.99) 0.000 |  | 2.18 (1.75-2.72) 0.000 |  | 2.32 (1.88-2.88) 0.000 |
|  |  |  |  |  |  |
| **Media use** |  |  |  |  |  |
| low |  |  | 1.0 |  |  |
| middle |  |  | 0.67 (0.55-0.81) 0.000 |  |  |
| High |  |  | 0.45 (0.36-0.57) 0.000 |  |  |
| missing |  |  | 0.67 (0.44-1.00) 0.053 |  |  |
|  |  |  |  |  |  |
| **Familial leisure activity** |  |  |  |  |  |
| high |  |  |  |  | 1.0 |
| low |  |  |  |  | 0.87 (0.74-1.03) 0.100 |
| missing |  |  |  |  | 0.64 (0.41-0.99) 0.043 |
|  |  |  |  |  |  |
| **Girls** |  |  |  |  |  |
| **Parental education** |  |  |  |  |  |
| primary | 1.0 |  | 1.0 |  | 1.0 |
| secondary | 1.31 (1.05-1.64) 0.017 |  | 1.27 (1.01-1.59) 0.038 |  | 1.26 (1.01-1.57) 0.037 |
| tertiary | 2.10 (1.65-2.67) 0.000 |  | 1.84 (1.44-2.35) 0.000 |  | 1.99 (1.56-2.54) 0.000 |
|  |  |  |  |  |  |
| **Media use** |  |  |  |  |  |
| low |  |  | 1.0 |  |  |
| middle |  |  | 0.72 (0.60-0.87) 0.001 |  |  |
| high |  |  | 0.38 (0.31-0.47) 0.000 |  |  |
| missing |  |  | 0.82 (0.54-1.23) 0.326 |  |  |
|  |  |  |  |  |  |
| **Familial leisure activity** |  |  |  |  |  |
| high |  |  |  |  | 1.0 |
| low |  |  |  |  | 0.82 (0.70-0.97) 0.018 |
| missing |  |  |  |  | 0.45 (0.29-0.69) 0.000 |
| a Energy-dense food intake is defined as ‘low’ using the lower limit of the 3rd quintile as the cut-off point dividing the population in 40% versus 60%. |

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| **Table 4. Mediation analyses of the association between parental education and a high HuSKY a adjusted for media use and total energy expenditure, boys and girls aged 11-17** |
|  | **Basic Model; age + region + parental education** |  | **Model 1; Basic Model + media use** |  | **Model 2; Basic Model + total energy expenditure** |
|  | OR 95% CI P-value |  | OR 95% CI P-value |  | OR 95% CI P-value |
| **Boys** |  |  |  |  |  |
| **Parental education** |  |  |  |  |  |
| primary | 1.0 |  | 1.0 |  | 1.0 |
| secondary | 0.89 (0.72-1.11) 0.294 |  | 0.87 (0.71-1.09) 0.222 |  | 0.88 (0.71-1.09) 0.237 |
| tertiary | 1.47 (1.15-1.88) 0.002 |  | 1.42 (1.11-1.81) 0.006 |  | 1.43 (1.12-1.82) 0.005 |
|  |  |  |  |  |  |
| **Media use** |  |  |  |  |  |
| low |  |  | 1.0 |  |  |
| middle |  |  | 0.84 (0.69-1.04) 0.103 |  |  |
| high |  |  | 0.77 (0.62-0.95) 0.017 |  |  |
| missing |  |  | 0.83 (0.55-1.26) 0.380 |  |  |
|  |  |  |  |  |  |
| **Total energy expenditure** |  |  |  |  |  |
| low |  |  |  |  | 1.0 |
| middle |  |  |  |  | 1.41 (1.14-1.73) 0.001 |
| high |  |  |  |  | 1.46 (1.18-1.80) 0.001 |
| missing |  |  |  |  | 1.19 (0.83-1.68) 0.340 |
|  |  |  |  |  |  |
| **Girls** |  |  |  |  |  |
| **Parental education** |  |  |  |  |  |
| primary | 1.0 |  | 1.0 |  | 1.0 |
| secondary | 0.94 (0.75-1.18) 0.589 |  | 0.92 (0.74-1.16) 0.484 |  | 0.91 (0.73-1.14) 0.408 |
| tertiary | 1.61 (1.26-2.06) 0.000 |  | 1.49 (1.16-1.91) 0.002 |  | 1.49 (1.17-1.91) 0.002 |
|  |  |  |  |  |  |
| **Media use** |  |  |  |  |  |
| low |  |  | 1.0 |  |  |
| middle |  |  | 0.75 (0.61-0.94) 0.011 |  |  |
| high |  |  | 0.57 (0.46-0.71) 0.000 |  |  |
| missing |  |  | 1.14 (0.75-1.74) 0.544 |  |  |
|  |  |  |  |  |  |
| **Total energy expenditure** |  |  |  |  |  |
| low |  |  |  |  | 1.0 |
| middle |  |  |  |  | 1.34 (1.08-1.65) 0.007 |
| high |  |  |  |  | 1.95 (1.59-2.39) 0.000 |
| missing |  |  |  |  | 1.77 (1.28-2.43) 0.001 |
| a Healthy Nutrition Score for Kids and Youth (HuSKY) is defined as ‘high’ using the upper limit of the 3rd quintile as the cut-off point dividing the population in 40% versus 60%. |

**Figures**



**Figure 1. Level of education assessment, according to Schroedter, Lechert and Lüttinger 2006 (1)**

**References**

(1) Schroedter JH, Lechert Y, Lüttinger P. Die Umsetzung der Bildungsklassifikation CASMIN für die Volkszählung 1970, die Mikrozensus-Zusatzerhebung 1971 und die Mikrozensen 1976-2004 [Transformation of the CASMIN education classification for the census 1970, the micro-census supplement 1971 and the micro-censuses 1976-2004] ZUMA Methodenbericht. 2006;12:1-58.